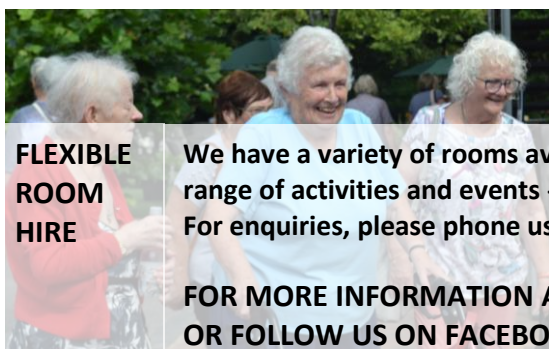




Activities

Spring & Summer 2023

Day / Time	Activity / Session	Info	Fee
Monday			
10.30-12noon	Computer Café (Tech support)	Older adults' I.T. drop-in cafe for beginners	£2 donation
10.30-12.30pm	By Your Side Stay and Play	Children's play and parental support group	FREE
1.30-2.30pm	Pixiefit Zumba Gold with Miranda	Zumba exercise class for all ages and abilities	Contact Miranda
7-8pm	Burlesque Chair Dance with Libby	Sexy exercise class for fitness and confidence	£6
8-9.30pm	12 Steps (All addictions)	All addiction support group	FREE
Tuesday			
10am-12pm	Painting for Pleasure, Warwick U3A	For all abilities, bring your own materials	
1-3pm	Live Life	Older adults' seated exercise and activity group	£2 donation
1.30-4pm	Sewing group	For all abilities, bring your own projects	
4.30-6pm	Gap Youth Club Juniors	Junior youth club, aged 7-11 years	£1.50 or £1 for member
6-7.30pm	Gap Youth Club Seniors	Senior youth club, aged 12-16 years	£1.50 or £1 for member
Wednesday			
10-1pm	OPAL Older Adults at Lunch	Hot two-course meal and Bingo for older adults	£5 plus Bingo
10-12noon	Recovery and Wellbeing Academy Courses	5-week courses on mental wellbeing topics	FREE
1-3pm	Communita (Cost-of-living support)	Drop-in support and free surplus food	FREE
Thursday			
9.30-10.30am	Tai Chi with Debbie	Gentle movement for all ages and abilities	£7
10-12noon	Knit & Natter, Crochet & Chatter	Social knitting and crochet group for all abilities	£2 donation
11-12noon	Pixiefit Zumba Gold with Miranda	Zumba exercise class for all ages and abilities	Contact Miranda
11-1pm	Prospects	Careers support for young people aged 16-18 years	FREE
1-3pm	Barnardos toddler group	Baby and toddler group, book via Eventbrite	
7-10pm	Warwick Dog Training Club	Professional support for training your dog	
Friday			
5.15-7.15pm	Polish Saturday School		
6.30-8pm	Karate with Steve	Karate class	£5
Saturday			
1-6.30pm	Rooms to hire for private functions	Ideal for birthday parties and celebrations	Contact The Gap
Sunday			
11am-1.30pm	The Redeemed Christian Church of God	Family worship	FREE
2-4.30pm	Rooms to hire for private functions	Ideal for birthday parties and celebrations	Contact The Gap
5-8pm	K9 Concepts Dog Training	Dog training with Samantha	



FLEXIBLE ROOM HIRE

We have a variety of rooms available to hire throughout the week, equipped to cater for a diverse range of activities and events - formal or informal, regular or one-off bookings, large or small. For enquiries, please phone us on 01926 494200 or email us at admin@thegapwarwick.org

FOR MORE INFORMATION ABOUT ACTIVITIES PLEASE SEE OVERLEAF OR FOLLOW US ON FACEBOOK AT: www.facebook.com/TheGapWarwick

FOR MORE INFORMATION PLEASE SEE BELOW

Group	Additional Details
12 Steps	All welcome, no booking required. Please contact Simon on 01789 261868 for more information
Barnardos	Please book through Eventbrite at www.eventbrite.co.uk
Burlesque	Please contact Libby on 0786451200 or by email at libby62555@gmail.com
By Your Side Stay and Play	Informal free drop-in sessions for parents (and baby) experiencing mental health difficulties in pregnancy or following the birth of a child. Please contact byyoursideforum@outlook.com
Computer Café	No need to book but please contact The Gap Older Adults team for more information and dates as this group runs in blocks of 6-8 weeks, rather than every week
Gap Youth Clubs	Please contact The Gap Youth Team for further information, including how to become a member, and for details of youth clubs at other community centres in Warwick
Karate with Steve	Shotokan Karate for all ages and abilities. Please contact Steve on 07880626806 for more info
Knit & Natter, Crochet & Chatter	Please contact The Gap Older Adults team for more information
K9 Concepts Dog Training	See www.k9concepts.co.uk or please contact Samantha on 07837131184 for more information
Live Life	Please contact The Gap Older Adults team for further details
OPAL Lunch Club	Booking required, please contact The Gap Older Adults team for further details
Painting for Pleasure	Please contact Sandy on 07794767243 or John on 07956487378
Pawsome Fun Puppy Training	Please contact Shannon on 07803560094 for more information
Pixiefit Zumba Gold with Miranda	Please contact Miranda on 07595696506 for more information and to book a place
Prospects	Careers guidance to young people aged 16-18 who are Not in Education, Employment or Training (NEET). Phone 02476 321950 for an appointment or find out more at www.prospectsnow.me
Recovery and Wellbeing Courses	To find out what courses are running and to book a place visit www.recoveryandwellbeing.co.uk For more information contact 0300 303 2626 or email Recovery.Academy@covwarkpt.nhs.uk
Tai Chi with Debbie	To check for availability please contact Debbie on 07773 318830 as booking is essential
Warwick Dog Training Club	For more information, please visit www.warwickdogtrainingclub.co.uk , email Warwickdogtrainingclub@gmail.com , or contact Rachel on 01926 775591
The Redeemed Christian Church of God	Please contact Pastor David on 07908472134 or email info@rccgwarwick.org
The Gap Older Adults Enquiries	Please contact Cherylynn Harrison by email at cherylynn.harrison@thegapwarwick.org
The Gap Young People Enquiries	Please contact Jane Lisle-Holmes by email at jane.lisle-holmes@thegapwarwick.org
The Gap Community Enquiries	Please contact Lauren Sime by email at lauren.sime@thegapwarwick.org
The Gap General Enquiries	Please contact The Gap on 01926 494200 or by email at admin@thegapwarwick.org

GAP ACTIVITIES AT OTHER LOCATIONS IN WARWICK

Day / Time	Activity / Session	Info	Fee
Monday			
10.30-12.30pm	Warwick Men's Shed	Informal drop-in social for men at St Nicholas Church	FREE
2-4pm	Memory Café Plus (Dementia support)	1 st and 3 rd Monday of the month at All Saints Church	FREE
4-6pm	Teenage Drop-in for 11-16 years	Relaxed teens social at Heathcote Community Centre	£1
Tuesday			
12-2pm	Packmores Pantry (Free surplus food)	Cost-of-living support at Packmores Community Centre	FREE
Wednesday			
4-5pm	Chase Meadows Youth Club Juniors	Junior club, 7-11 years at CM Community Centre	£1.50 or £1 for member
5-7pm	Chase Meadows Youth Club Seniors	Senior club, 12-16 years at CM Community Centre	£1.50 or £1 for member
Thursday			
11am-2pm	Activitea (Older adults' social group)	Social group and light lunch at St Paul's Church	£2 or £4 with lunch
4-5.30pm	Packmores Youth Club Juniors	Junior club, 7-11 years at Packmores Community Centre	£1.50 or £1 for member
Friday			
12-2pm	Packmores Pantry (Free surplus food)	Cost-of-living support at Packmores Community Centre	FREE
5.30-7pm	Woodloes Youth Club Juniors	Junior club, 7-11 years at Woodloes Community Centre	£1.50 or £1 for member